WHAT IS CLAIMED IS:

1.   A system for selectively accessing video data and page data, comprising:

5   a format manager for manipulating said video data and said page data; and

          a processor, coupled to said system, for controlling said format manager, whereby said video data and said page data are simultaneously shown on a display device.

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2.   The system of claim 1 wherein said page data is obtained from a distributed electronic network and said video data is obtained from a video source.

15   3.   The system of claim 2 wherein said distributed electronic network is an Internet network.

4.   The system of claim 1 wherein said display device is a television set controlled by a set top box.

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5.   The system of claim 3 wherein said set top box includes said processor and said format manager.

6.   The system of claim 5 wherein said set top box is controlled by a

25   wireless remote control device.

7.   The system of claim 1 wherein said format manager copies said page data to create duplicate page data.

30   8.   The system of claim 7 wherein said format manager inserts a video tag into said duplicate page data.

9.   The system of claim 7 wherein said format manager selectively positions said video tag to vertically locate a video window on said display device.

5   10.   The system of claim 9 wherein said video tag includes window information for sizing and horizontally positioning said video window.

11.   The system of claim 9 wherein said format manager reformats said duplicated page data to avoid said video window.

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12.   The system of claim 9 wherein said processor displays said duplicated page data on said display device.

13.   The system of claim 9 wherein said format manager maintains said
15   video window in a stationary position on said display device.

14.   The system of claim 9 wherein said video window is selectably positionable on said display device.

20   15.   The system of claim 9 wherein said video window is selectably sizeable on said display device.

16.   The system of claim 9 wherein said duplicate page data is scrollable with reference to said video window on said display device.

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17.   The system of claim 16 wherein said format manager computes a current reference position each time said duplicate page data is scrolled.

18.   The system of claim 16 wherein said format manager uses said
30   current reference position as a reference point for locating said video window.

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19. The system of claim 17 wherein said current reference position is computed by combining a prior reference position and a scroll value.

20. The system of claim 19 wherein said scroll value is positive when said duplicate page data is scrolled down, and wherein said scroll value is negative when said duplicate page data is scrolled upwards.

21. A method for selectively accessing video data and page data, comprising the steps of:

10   manipulating said video data and said page data using a format manager; and

controlling said format manager using a processor, whereby said video data and said page data are simultaneously shown on a display device.

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22. The system of claim 21 wherein said page data is obtained from a distributed electronic network and said video data is obtained from a video source.

20   23. The system of claim 22 wherein said distributed electronic network is an Internet network.

24. The system of claim 21 wherein said display device is a television set controlled by a set top box.

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25. The system of claim 23 wherein said set top box includes said processor and said format manager.

26. The system of claim 25 wherein said set top box is controlled by a 30   wireless remote control device.

27.   The system of claim 21 wherein said format manager copies said page data to create duplicate page data.

28.   The system of claim 27 wherein said format manager inserts a video tag into said duplicate page data.

29.   The system of claim 27 wherein said format manager selectively positions said video tag to vertically locate a video window on said display device.

30.   The system of claim 29 wherein said video tag includes window information for sizing and horizontally positioning said video window.

31.   The system of claim 29 wherein said format manager reformats said duplicated page data to avoid said video window.

32.   The system of claim 29 wherein said processor displays said duplicated page data on said display device.

33.   The system of claim 29 wherein said format manager maintains said video window in a stationary position on said display device.

34.   The system of claim 29 wherein said video window is selectably positionable on said display device.

35.   The system of claim 29 wherein said video window is selectably sizeable on said display device.

36.   The system of claim 29 wherein said duplicate page data is scrollable with reference to said video window on said display device.

37.	The system of claim 36 wherein said format manager computes a current reference position each time said duplicate page data is scrolled.

38.	The system of claim 36 wherein said format manager uses said
5	current reference position as a reference point for locating said video window.

39.	The system of claim 37 wherein said current reference position is computed by combining a prior reference position and a scroll value.
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40.	The system of claim 39 wherein said scroll value is positive when said duplicate page data is scrolled down, and wherein said scroll value is negative when said duplicate page data is scrolled upwards.

15	41.	A computer-readable medium comprising program instructions for selectively accessing video data and page data by performing the steps of:
		manipulating said video data and said page data using a format
			manager; and
		controlling said format manager using a processor, whereby said
20			video data and said page data are simultaneously shown on a
			display device.

42.	A system for selectively accessing video data and page data,
	comprising:
25		means for manipulating said video data and said page data; and
		means for controlling said format manager, whereby said video data
			and said page data are simultaneously shown on a display
			device.